



Issue 6 # 48

Shedding Endeavour's

19th December 2022

The Shed is open Tuesday - Saturday 10.00am – 3.00pm

MERRY CHRISTMAS



Sick List

Members Birthdays December

- 10th December Joe Psaila
- 18th December Alan Spencer
- 21st December Pierre Monty
- 24th December Sam Noblet
- 28th December Louis Zaharaopoulos

Our best wishes are with:
 Reyes Franco home today
 Reese Ian (knee replacement)

<u>Cleaning Roster</u>			
<u>Today</u>	<u>Doug Rowley</u>	<u>Paul Morris</u>	<u>Tony Rotunno</u>
<u>Next Week</u>	<u>Doug Rowley</u>		

COVID – There are new strains of Covid about and at least three of our members have acquired it. Whilst not compulsory we ask that you stay away from the shed whilst you have Covid and wear a mask where necessary.

Paul Morris

Doug Rowley



Events Calendar

December 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Music Group @ 12.20pm	2	3 BBQ 10am-2.30pm @ EH SUPERHAP AUTO	4
5	6 National Anzac Centre Museum Albany, Western Australia by Vin Tai Chi @ 11.45AM Music Group @ Midday	7 Leaving @ 9am Talk @ 10.30am Christmas BBQ at EH Town Square 10am – 2.30pm	8 Music Group @ 12.20pm Promotional Table 6 - 8pm	9	10 Promotional table @ EHBC As per roster 8am - 2pm	11
12	13 My Health Related Experience Member's Sharing Time - G. Brownie Tai Chi @ 11.45AM Music Group @ Midday	14 Photo Club 10am	15 Music Group @ 12.20pm SSAA 2.45pm 214-716 Princess Hwy, Somersville	16	17	18
19	20 Seasonal Break Up Merry Christmas and a Happy New Year	21 Committee Meeting @ 10am	22	23	24 Christmas Eve	25 Christmas Eve
26 BOXING DAY	27	28	29	30	31 Christmas Eve	

Changes may occur due to unplanned factors

Last week's meeting

- \$5 entrance next week to cover food (supplemented by EHMS)
- Wednesday 7th BBQ City Centre
- 31st Dec BBQ Bunnings

CHRISTMAS BREAKUP – 20th December

- The Shed is going to provide lunch for members.
- \$5 per head matched by the shed.

Commonwealth Bank Grant vote for our shed –
www.commbank.com.au/communitydonations

If we are the favoured the grant of \$500 will come to the EHMS.

Pictures of the week.





Name that Christmas Carol

- Eight pm to 6 pm without noise
- Ancient Benevolent Despot
- Trio of Monarchs
- A dozen 24 hour Yule periods

The music group needs a keyboard player – do you play see President Doug!



What are the signs of depression in men?

The signs of depression in men involve changes in the way they think, feel or behave. There are also physical signs of depression.

For example, you may **feel**:

- irritable, angry or frustrated
- sad or empty
- disappointed
- indecisive or overwhelmed
- helpless or hopeless
- guilty

You may **think** negative thoughts, such as:

- you are not important or valuable (low self-esteem)
- people would be better off without you
- life is not worth living
- your life is not enjoyable

You may start **behaving** differently — for example, by not going out with friends or family

- not managing as well as you normally do at work or school
- escaping into work or sports activities
- not doing activities you normally look forward to
- relying on drugs or alcohol to make it through the day

- not being able to concentrate
- behaving recklessly

You may also notice **physical signs**, such as:

- difficulty sleeping or feeling tired
- changed appetite — with or without weight loss or gain
- feeling run down or unwell
- loss of sexual desire or performance
- headaches
- muscle pain
- churning stomach

Almost everyone experiences some of these signs occasionally. If your symptoms appear often or won't go away, you may be experiencing depression.

While anyone with depression can experience any of these symptoms, men and women tend to experience and report them differently. Men are more likely to talk about the physical symptoms of depression, such as feeling tired or losing weight, rather than saying they feel low.

Some people who experience depression think their life is not worth living or that other people would be better off without them. People experiencing depression are more likely to take their own lives by suicide, while sadly, 7 men end their own lives every day in Australia.

REMEMBER TO CALL A MATE.

Call the EHMS Almoner

Beyond Blue 1300 224 636

Lifeline 131 114

Mens Line 1300 789 978

Suicide Call Back Service Veterans Line 1300 659 467

Veterans Line 1800 011 046

Black Dog Institute (02) 9382 4530

Head to Health <https://www.headtohealth.gov.au>

Grief Line 1300 845 745 8.00am – 8.00pm Monday – Friday

If you don't feel like you can call any of the above services, you can also:

- **talk to someone you trust**
- **contact your GP, a counsellor, psychologist or psychiatrist**
- **visit a hospital emergency department**



President – Doug Rowley endeavourhills.menshed@gmail.com

Secretary - Paul Morris paul_morris5@optusnet.com.au

Treasurer – John Thornton jthornto@bigpond.net.au

Vice President – Howard de Zylva hdezylva@hotmail.com

Almoner - Doug Rowley yelwor1946@gmail.com

Endeavour Hills Men's Shed Committees

Program

BBQ

Management

Andras Jakab	Stan Ashley Neil Evans Graeme Seymour	Doug Rowley Howard de Zylva Paul Morris John Thornton Bob Daly	Tony Brosinsky Hans van Dyk Laurie Canfield Peter Wallace Lauren Gordyn
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Working with Children Checks held by:

First Aiders.

John Grennan	Laurie Canfield
Geoff Brown	Neil Bennett
Doug Rowley	Andras Jakab
Howard DeZylva	Harry Hornstra
Stan Ashley	Brian Ashworth
Paul Morris	Hans van Dyk
Gordon Harris	Robert Kay
Peter Wallace	Will Beattie
Neil Evans	Len Follett
David Robinson	John Thornton
Tony Brosinsky	Garrick Williams
Laurens Gordyn	Vin Wragg
Max Brockbank	Graeme Seymour
Rodney James	Peter Spry

Trevor Ratcliffe
Paul Morris
Doug Rowley
John Thornton
Brian Ashworth
Neil Bennett
Tony Cannata
Howard De Zylva
Garrick Williams
Stan Ashley
Neil Evans
Laurie Canfield